OBAMA SEEKS CLOSER TIES WITH CHINA, PG6

Celebrity Buzz

MJ's daughter named for Paris?

pg 14

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Man arrested after woman hit with BB gun

PENDER STREET A 24-year-old woman was shot with a BB gun after she said no to a man asking for money or cigarettes, Vancouver police said yesterday.

The Coquitlam resident was outside a restaurant on the 100 block of West Pender Street on Sunday night when she was approached by the attacker.

"She declined his request and turned away, at which point she felt a sting on her lower back and realized she'd been shot with a BB gun pellet," Vancouver Police Const. Anne Longley said in a statement.

The woman immediately called 9-1-1 with a description of the suspect.

Police arrived and after a search of the area found a man matching the description.

He was arrested with the BB gun still in his possession.

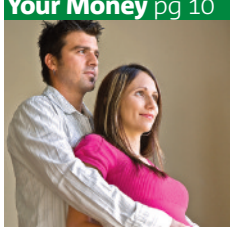
The victim had a small welt on her back where the pellet struck her, but did not require medical attention.

Troy Leard Alsager, a 36-year-old Vancouver man, is facing multiple weapons charges. METRO VANCOUVER

Local pg 2

Taggart finalist for Regis gig

Your Money pg 10



Budget before baby comes

KRISTEN THOMPSON/METRO VANCOUVER

Beachgoers enjoy the sun at English Bay yesterday as the mercury reaches 28 C.

Bearing (and unbaring) the heat

People are investing in fans and shedding their clothes in an attempt to stay cool as the temperature hit 28 C yesterday.

"I bought $200 worth of fans," said Cheryl Frohlich, 23. "I have four fans going in a 600-square-foot apartment."

Leanne Martin, 25, has a simpler tactic.

"I sleep naked," she said.

Taking humidity into account, it felt like 33 C around Metro Vancouver yesterday — unusually high for a city where mild summers are the norm.

High smog levels

- An air quality advisory was issued for Metro Vancouver and the Fraser Valley yesterday. High smog levels are expected to continue until at least Wednesday.

With downtown condos built to attract sunlight during our long cloudy periods, indoor temperatures felt even higher.

While people can strip down or go out to air-conditioned offices, pets left behind in condos are vulnerable to the heat, according to Lorie Chortyk of the B.C. SPCA.

She said it's well publicized that pets left in cars can die of heatstroke, but few think of them at home.

"In a condo, you want to make sure that drapes are drawn, and that fans are going to keep it as cool as possible," she said.

People should also check to ensure their pets have fresh water before they leave for work.

DANIEL TAM/
FOR METRO VANCOUVER

Health authority faces deep cuts: NDP

Fraser Health spokesman calls health critic's claims 'misleading'

JEFF HODSON
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The Fraser Health Authority is facing deep cuts to meet a $160-million funding shortfall, B.C.'s New Democrats alleged yesterday.

NDP health critic Adrian Dix said the health authority could close five-and-a-half operating rooms and reduce elective surgeries by 10 per cent.

The health authority however, responded by saying the NDP's claims are "misleading" and based on a draft planning document.

The draft strategy was leaked to Dix. It includes:

- downgrading 200 acute care beds.
- reducing elective surgeries by 10 per cent by closing up to five-and-a-half operating rooms.
- consolidating maternity and pediatric services that could include the possible closure of Langley's Memorial pediatric unit and Peace Arch's maternity unit.
- ending $134,000 in annual funding for the Canadian National Institute for the Blind.
- downgrading the Mission Memorial emergency room into an urgent care centre.
- consolidating diabetes programs in Mission and Delta.

"These kinds of major cuts represent a crisis in a health authority where the population is growing so dramatically," Dix said.

"These kinds of major cuts represent a crisis."
NDP health critic Adrian Dix

The measures, he added, were supposed to have been announced on July 13.

But a decision was made to "finesse and hide" them, Dix said.

David Plug, a spokesman for Fraser Health, said the health authority is looking at options and it is the role of the communications department to answer potentially tricky questions.

"We've announced many things going ahead, other decisions we've decided to change," Plug said.

The diabetes programs in Mission and Delta are not being consolidated, he said. There is, however, a service review of pediatric and maternity services underway.

"We're doing as much as we can to protect patient care," said Plug. "Most of the savings will be found in ways that are invisible to the public."

The health authority, he said, is receiving record funding from the province, but is faced with the ever-rising costs of providing care.

Fraser Health does have a shortfall and is planning to balance the budget, Plug said.

ShareYourViews
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Free Daily News Group Inc., operating as Metro Vancouver Newspapers 1190 Homer Street, Suite 250, Vancouver, B.C. V6B 2X6. Publisher: Maryse Lalonde

Blink-182 in town tonight
Pop-punkers Blink-182 perform at GM Place tonight as part of their Reunion Tour. This is their first tour since the band reunited after separating in 2005. METRO VANCOUVER

Local

Restaurant group targets HST

The B.C. Restaurant and Foodservices Association has launched a petition against the HST – the Harmonized Sales Tax that will replace the PST and GST starting July 1, 2010. The HST will increase the cost of eating out by seven per cent, as diners are currently only charged the five per cent GST. The petition is at bcrfa.com. METRO VANCOUVER

Majority back cellphone ban for drivers: Poll

SAFETY More than three quarters of British Columbians — 76 per cent — support a complete ban on all cellphone use by drivers, according to a survey released yesterday.

Dr. Brian Brodie, president of the B.C. Medical Association, which commissioned the poll, said the results show that the provincial government's decision to look at cellphone use behind the wheel is timely and what the public wants.

"The evidence clearly shows that driver distraction increases while using a cellphone or other communication device," Brodie said. "Each of us sees near misses on our roads every day."

METRO VANCOUVER

Canada Post warns of scam

MONEYGRAM A letter that looks like it was sent by Canada Post asking people to send money via MoneyGram International is a scam, the postal operator warned yesterday.

The letter asked people to pose as a customer and send funds at Canada Post or Shoppers Drug Mart to determine the money service's performance level.

KARL YU / FOR METRO VANCOUVER

Live with Regis ... and Tamara?

Local CTV weathercaster gets shot at co-hosting popular U.S. morning show

JEFF HODSON
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Tamara Taggart could be headed to New York City to guest host one of the biggest morning talk shows in North America.

The popular local CTV weathercaster is one of 20 television personalities from across the U.S. and Canada who are competing to co-host Live with Regis and Kelly for one day.

"It was surreal," said Taggart, who only found out that she had been chosen as a finalist yesterday morning when her name was announced on the show.

"There were all these American, polished, news-anchor types, and then there's me."

She said she is excited, but not too excited, because there's a 50-50 chance of being selected. Voting on the show's website (you have to vote for five men and five women) concludes tonight at 10 p.m.

If Taggart is voted one of the 10 winners, she would travel to New York City during the third week of August to co-host with Regis Philbin.

Taggart said she assumes Vancouver and the Winter Olympics would be among the topics discussed if she made the cut.

The winners will be announced tomorrow morning on Live With Regis and Kelly.

How to vote

- To vote, visit ctvbc.ca and click on 'Vote for Tamara.'

PHOTO COURTESY CTV

CTV weathercaster Tamara Taggart is a finalist to co-host Live With Regis and Kelly.

News in brief

STUN GUN Just as B.C. announced its plans to restrict Taser use, the company that makes the devices announced the launch of its next generation stun gun yesterday. The Taser X3 can fire three cartridges without reloading.

METRO VANCOUVER

Ride may be new Guinness record

DANIEL TAM
for Metro Vancouver

"It gets really depressing when you're by yourself all the time and you're trying to bike 300 kilometres a day."
Corneliu Dobrin, cross-Canada cyclist

An Abbotsford man has returned home after cycling across Canada in 24 days, unofficially breaking the Guinness World Record by three days.

Corneliu Dobrin, 24, left Vancouver on Canada Day and headed east, ending his trip in Saint John, N.B.

"A few years ago I had the idea to go across Canada," said Dobrin. "Out of curiosity I looked into the record just to see what it was and thought to myself 'Hey, I think I can do that.'"

He departed from English Bay with his brother Alex driving behind him. However, he rode on his own from Calgary onward until his oldest brother Dan met up with him in Gander, N.L.

The trip was a mental and physical challenge.

"It gets really depressing when you're by yourself all the time and you're trying to bike 300 kilometres a day," Dobrin said.

His knees and feet hurt and a pinched nerve caused him to lose some feeling in his right hand.

"(At) about 130 kilometres away I was thinking … that I wouldn't be able to make it," Dobrin said. "Then all of a sudden, (Alex's) SUV pulls up next to me."

Dobrin gave his brother his backpack and any extra weight he had on the bike.

"It was incredibly encouraging and relieving that I wouldn't have to finish alone."

He finished on July 24 and has sent photos and video of the trip to Guinness World Records for evaluation.

metronews.ca
WHAT'S ONLINE TODAY

Job Search using Metro's Workopolis search at **metronews.ca/workopolis**
Play online games at **metronews.ca/play**
Video Canada will go to the WTO to protest the European Union's ban on seal products at **metronews.ca/canada**
Blogs Need a date for your dog? Looking for love with an inmate? Sexcetera has the right dating sites for you
Your Money Allan Small on the signs that the economy has finally turned the corner at **metronews.ca/investing**

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Afghanistan comes to Vancouver
Afghanistan360, a multimedia exhibit on Canada's civilian and military engagement in Afghanistan, will be on display at the World Police and Fire Games in Vancouver and Burnaby, which start this weekend. METRO VANCOUVER

SkyTrain credits staff for response

JEFF HODSON
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ROBBERY While he empathizes with a man who was robbed at Surrey Central Station, SkyTrain boss Doug Kelsey said the system is "absolutely safe" and that his employees did an excellent job when they reached the man within minutes of the attack.

Two weeks ago, Ravinder Sidhu was on his way home from work when he was robbed on the platform. He said the scuffle lasted "four to five" minutes and that no help came.

Kelsey, president and CEO of the B.C. Rapid Transit Company, reviewed a tape of the attack yesterday and said the robbery took 23 seconds. Eight seconds after that Sidhu was on the phone with SkyTrain personnel. Two minutes later staff were on scene.

Kelsey said it was a tragic event, but the response was better than you'd get anywhere in the region and that staff acted impeccably and empathetically, staying with the man, helping him with bags and escorting him through the station.

Paramedics feeling pinched

Pair express frustration over lack of progress in strike talks

KRISTEN THOMPSON
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Vancouver paramedic Darrel Hunsbedt was caring for a patient in cardiac arrest on his last night shift when his heart monitor failed for the fifth time in three weeks.

Hunsbedt said the glitch was just one of many he has to deal with on a regular basis.

"It's very stressful when patients are sick and you don't (have the resources to care for them)," he said. "A procedure that should take five minutes could take 15 — and that could mean (they die)."

Having to work with the faulty and outdated equipment, as well as too few ambulances and workers, prompted British Columbia's roughly 3,500 paramedics to go on strike on April 1.

Hunsbedt said the province has shown no interest in bargaining, which compounds the stress he already deals with every day.

"It's destroying morale," he said. "We're at the breaking point (and) the government doesn't care."

That low morale has got paramedic Nick Smith thinking about changing careers.

"It's downright depressing at times," said Smith, 27. "It's difficult on my home life because it creates added stress."

Smith said the long shifts and night work — which alienates paramedics from friends and family — used to be worth it. But he said with the government refusing to bargain, he now feels there's no future for the profession.

"I see everyone else jumping ship," Smith said. "And I'm wondering if I'm doing the right thing (by staying)."

KRISTEN THOMPSON/METRO VANCOUVER
B.C. paramedics Nick Smith, left, and Darrel Hunsbedt express their frustration yesterday.

Essential service status limiting strike's visibility: Union

PARAMEDICS Without picket lines and the ability to refuse to perform a service, it doesn't look like British Columbia's paramedics are on strike.

"We have yet to inconvenience the public as with municipal and teacher strikes," said B.J. Chute, with CUPE 873. "Most people don't wake up in the morning and think they'll need an ambulance."

It definitely hasn't generated the same headlines as the garbage strike in Toronto, but Chute said the issue is a hot topic in smaller communities, where they're paid $2 an hour to be on call.

On April 1, British Columbia's roughly 3,500 paramedics went on strike to demand, among other things, better equipment and training, more ambulances and salaries comparable to those of firefighters and police.

The paramedics are considered an essential service and must still answer calls and work overtime.

Chute said the province has shown no inclination in coming to the bargaining table, and because they are obliged to work, they are essentially on a symbolic strike.

KRISTEN THOMPSON/
METRO VANCOUVER

Evacuation meant to keep people out

KARL YU
for Metro Vancouver

FIRE An evacuation order for Seton Lake near Lillooet is meant to keep people out of the sparsely populated area — not to get them out.

The uncontained Mount McLean fire, which is believed to have been caused by lightning, has reached about 1,000 hectares and is burning four kilometres west of Lillooet.

"The immediate threat to properties are only along the Northeastern shore of Seton Lake," said Nathalie Klein, acting information officer for the Squamish-Lillooet Regional District's emergency operation centre.

Klein said that the two lakeside summer homes were checked and had no occupants.

"We had to put the evacuation order to make sure no one does go in that area," she said.

News in brief

WHALE The dead fin whale found impaled on a cruise ship had no food in its stomach, indicating that it may have been sick. The carcass was found attached to the ship's bow early Saturday morning when the cruise liner arrived at the Port of Vancouver.

ACCIDENT A man was killed in a freak accident in Surrey, cknw.com reports. The man had pulled over and had his car jacked up for a tire change when the vehicle came off the jack, rolled on top of him and killed him. METRO NEWS SERVICES

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Via Rail offering ticket discounts

Via Rail says its passenger rail service should be back to normal yesterday after a two-day strike, offering discounts of 60 per cent on tickets to all destinations to woo back customers, CBC News Online reports. To take advantage of the discount, travellers must buy their tickets by tomorrow, and take their trips by Dec. 14. METRO NEWS SERVICES

Canada

Planes ending cross-country trek

A group of small planes has begun arriving in Sydney, N.S., ending a cross-Canada journey marking the 100th anniversary of powered flight, CBC News Online reports. The vintage and modern planes are part of Century Flight, which began in B.C. on July 17. They stopped in cities across the country as they headed east to Nova Scotia. METRO NEWS SERVICES

Bolstering Arctic sovereignty

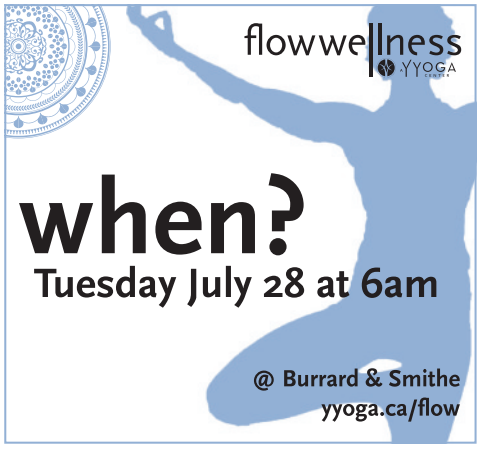
NORTH Canada will wave the flag in the Arctic this summer with a show of force, a high-profile political visit and some undersea research it hopes will help lay claim to new areas of untapped oil and gas.

Ottawa's focus on the Canadian North comes as other nations step up their own efforts to exercise northern sovereignty.

Canada and the United States today will discuss plans to jointly map sections of the Arctic seabed, a process that will help each nation's sovereignty claims in the region.

Meanwhile, the final touches are being put on a military exercise that gets underway in the Baffin Island area next month that will be watched by Prime Minister Stephen Harper.

TORSTAR NEWS SERVICE



Lawns draw watchful eyes

Security hired to monitor residents violating water restrictions

To catch a water thief involves skulking in backyards at night, recording the sinister movement of garden hoses and watching the tell-tale signs of wet driveways.

The residents of Montrose in B.C.'s interior take their lawns seriously.

"It's the first thing anyone notices about Montrose. You leave Trail and everything looks like everything else. You get to Montrose and suddenly three-quarters of their homes look like golf courses," said Joya McIntyre, office manager and guard supervisor of Selkirk Security.

"We're doing our jobs when we look in front and backyards and spot hoses getting moved that shouldn't be moved."
Joya McIntyre, Selkirk Security

McIntyre is in charge of the security guards who have been contracted by the village to monitor the hose-happy residents of Montrose.

Despite water restrictions in the dry, parched region, many homeowners are watering their lawns in the middle of the night in defiance of a municipal bylaw.

It's McIntyre and her guards' job to stop that unlawful watering, and by doing so she has incensed many residents. One of her staff members got picked up three times as a peeping tom after residents complained that the security guard was spotted looking into backyards.

"We're doing our jobs when we look in front and backyards and spot hoses getting moved that shouldn't be moved," she said.

In Montrose, the security firm was hired to monitor residents between midnight and 6 a.m. because that's when most of the illegal watering appears to be happening.

So far, no one has been fined for watering when they shouldn't.

TORSTAR NEWS SERVICE

Canada to appeal EU's seal product ban

TRADE Canada is admitting it has lost the "PR battle" as it turns to an international trade panel in a bid to overturn a European Union decision to ban Canadian seal products.

Just hours after the European Union Council confirmed its ban, federal ministers announced that they would appeal the case to the World Trade Organization.

Fisheries Minister Gail Shea charged that well-funded special-interest groups have turned the tide of public opinion in Europe against the seal hunt — and used the controversy to financial advantage.

"This has become a cash cow for them," Shea said.

Yesterday, a majority of the 27 EU states voted to ban seal products, while giving an exemption to products from "traditional" hunts by Inuit and other indigenous people "to ensure their subsistence."

CHRIS WATTIE/REUTERS

Fisheries Minister Gail Shea at a media conference yesterday with Trade Minister Stockwell Day on Parliament Hill in Ottawa.

Canada has taken the first step to appeal, saying it was seeking "consultations" with the WTO on the ban.

TORSTAR NEWS SERVICE

News in brief

ARREST Disgraced financial adviser Earl Jones, suspected of defrauding dozens of investors out of millions of dollars, was finally arrested yesterday at the office of his lawyer, Jeffrey Boro. Jones, an unregistered financial adviser on Montreal's west island for decades, will be arraigned in court today, probably on charges of fraud or theft, according to those close to the case.

STRIKE The City of Toronto has reached a tentative deal to settle a strike by outside civic workers that had halted garbage collection and other services for more than a month, union officials said yesterday. A deal with a second striking union, which represents Toronto's indoor workers, including city-run daycares and building permit offices, is still pending.

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2 - 32915 South Fraser Way
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401 - 2140 Sumas Way

Burnaby
Brentwood Mall
Crystal Square
Lougheed Mall
Metrotown/Metropolis
214B - 4501 North Rd.
4711 Kingsway
111 - 3823 Henning Dr.
204B - 3430 Brighton Ave.

Chilliwack
Cottonwood Mall
103 - 45300 Luckakuck Way
11 - 45905 Yale Rd.
7544B Vedder Rd.

Cloverdale
201 - 17725 64th Ave.

Coquitlam
Coquitlam Centre
101 - 3278 Westwood St.
5 - 3000 Lougheed Hwy.
2700B Barnet Hwy.
22 - 2988 Glen Dr.
2 - 901 Lougheed Hwy.

Delta
Scottsdale Mall
7235 120th St.
1517 56th St.

Langley
Walnut Grove Town Centre
Willowbrook Shopping Centre
3 - 19638 Fraser Hwy.
103 - 19700 Langley Bypass
C104 - 20159 88th Ave.
19971 96th Ave.
C7 - 20202 66th Ave.

Maple Ridge
22661 Lougheed Hwy.

Mission
100 - 32670 Lougheed Hwy.
318 - 32555 London Ave.

New Westminster
Royal City Centre

North Vancouver
Capilano Mall
127 - 1199 Lynn Valley Rd.
1295 Marine Dr.
1748 Lonsdale Ave.
1392 Main St.

Pitt Meadows
735 - 19800 Lougheed Hwy.

Port Moody
202 Newport Dr.

Richmond
Aberdeen Centre
Admiralty Centre Mall
Ironwood Mall
Parker Place
Richmond Centre
115 - 12571 Bridgeport Rd.

Surrey
Central City Shopping Centre
Guildford Town Centre
201 - 13734 104th Ave.
135 - 12477 88th Ave.
30 - 16041 24th Ave.
1675 128th St.
108 - 7380 King George Hwy.
403 - 15940 Fraser Hwy.
10310A 152nd St.

West Vancouver
Park Royal Shopping Centre
North/South

White Rock
Semiahmoo Shopping Centre
10 - 3189 King George Hwy.

OKANAGAN/NORTHERN BC

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Northills Centre (Kamloops)
C - 1815 Rogers Place (Kamloops)
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Cherry Lane Shopping Centre (Penticton)
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Dillinger pistol fetches $95,600 at auction
A small pistol belonging to 1930s gangster John Dillinger has been sold at auction to a private collector for $95,600 US — more than double the pre-sale estimate, the auction house said. REUTERS

World

Flight grounded by coffee maker aroma

The electrical smell that caused a Southwest Airlines flight to make an unexpected landing Sunday was caused by a coffee maker in the back of the aircraft, a company spokesman said yesterday. The coffee maker was in the back galley of the Boeing 737. The flight from Connecticut to Orlando, carrying 131 passengers and five crew, was forced to land at Long Island Islip MacArthur Airport shortly before 8 a.m. REUTERS

Seven killed in tunnel explosion

MIDDLE EAST At least seven Palestinians were killed when fuel exploded in a smuggling tunnel beneath the border between Egypt and the Gaza Strip, Palestinian officials in Gaza said yesterday. The accident was one of the worst on record in the dangerous and illicit Gaza tunnel network.

Smuggling of all sorts of goods, from livestock to diesel oil, is both an essential and a profitable enterprise for Gaza, an enclave blockaded by Israel, whose Islamist rulers Hamas are pledged to continue armed resistance to the Jewish state. REUTERS

Obama calls for closer U.S. ties with China

The United States urged China yesterday to spend more at home and export less to help restore a sustainable pace of global growth, saying the two countries shared common ambitions despite their divisions.

Opening two days of bilateral talks, U.S. President Barack Obama said America and China need to overcome mutual wariness and deepen co-operation on everything from the global economic crisis to climate change and North Korea.

North Korea

- Obama said the U.S. and China "must continue our collaboration to achieve the denuclearization of the Korean peninsula and make it clear to North Korea that the path to security and respect can be travelled if they meet their obligations."

"Let's be honest: We know that some are wary of the future," Obama said, acknowledging the two countries would never see eye-to-eye on every issue.

"The relationship between the United States and China will shape the 21st century, which makes it as important as any bilateral relationship in the world," he said. The Obama administration has sought to tread gently on sensitive issues, although the president risked Beijing's displeasure by urging it to respect its ethnic and religious minorities.

"Just as we respect China's ancient culture and remarkable achievements, we also strongly believe that the religion and culture of all peoples must be respected and protected, and that all people should be free to speak their minds," he said. REUTERS

Protests will continue in Iran, Mousavi says

IranCrisis

ELECTION Iran's opposition leader Mirhossein Mousavi said yesterday the pro-reform protests that erupted after the country's disputed June presidential vote will continue, his website reported.

Moderate defeated candidates Mousavi and Mehdi Karoubi on Sunday called on the authorities to permit a gathering on Thursday at Tehran's Grand Mosala, a prayer location where tens of thousands can gather, to commemorate unrest victims. The June 12 vote plunged the country into its biggest internal crisis since the 1979 Islamic revolution.

Rights groups say hundreds of people, including senior pro-reform politicians, journalists, activists and lawyers, have been detained in Iran since the election, which moderates say was rigged in favour of hardline President Mahmoud Ahmadinejad.

Mousavi, prime minister in the '80s, said detentions could not halt the pro-reform movement.

"The killings and arrests are a catastrophe, people will not forgive those behind such crimes," Mousavi said, adding: "I am sure the judiciary is not informed about many arrests." REUTERS

Sarkozy to ease up for a few days

HEALTH French President Nicolas Sarkozy will reduce his workload for a few days after suffering a dizzy spell brought on by jogging in hot weather and a heavy schedule, his office said yesterday.

He spent the night in hospital Sunday after falling ill while running, due to a combination of physical effort and tiredness, but not any cardiac problems, Sarkozy's office said.

Known as the "hyperactive president" because of his frantic diplomatic, political and sporting schedule, the 54-year-old suffered a dizzy spell while running in the park of the Chateau of Versailles on Sunday.

The presidential office said he underwent cardiological and other tests, and that no medical treatment was prescribed, though a few days of "relative rest" were recommended. REUTERS

GONZALO FUENTES/REUTERS

French President Nicolas Sarkozy leaves hospital yesterday.

News in brief

U.K. British immigration workers have voted for a 48-hour strike over changes in work conditions, a union said yesterday, in a move that threatens to disrupt ports and airports during a holiday period. The earliest the strike could be held is Aug. 4 and 5, a spokesman for the Public and Commercial Services union said.

ATTACK A Russian anti-corruption activist was attacked by a group of men who shot him in the mouth with a stun gun on the weekend, an opposition coalition said yesterday. Albert Pchelintsev, 38, is the head of Against Corruption, Lies and Dishonour, a group that investigates corruption by officials working in the local government of Khimki, a town just outside Moscow. Pchelintsev remains in hospital. REUTERS

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U.S. shuts off news ticker
The United States has turned off a news ticker at its diplomatic mission in Havana that had long irritated the Cuban government. REUTERS

Hezbollah warns Israel

Tel Aviv will be attacked if Beirut suburbs bombed

Hezbollah leader Sayyed Hassan Nasrallah threatened to attack Tel Aviv if Israel were to bomb Beirut's southern suburbs, a bastion of the powerful Shiite military and political group.

Hezbollah fought Israel three years ago in a 34-day war after the group captured two Israeli soldiers in a cross-border raid. Some 1,200 people in Lebanon, mostly civilians, were killed and 160 Israelis, mostly soldiers, died.

Arrests

- Lebanon has recently arrested more than 50 people, including three Lebanese army colonels, over spying for Israel.

"The equations that used to apply have now changed. Now it is 'the southern suburbs for Tel Aviv' and not 'Beirut for Tel Aviv'," al-Akhbar newspaper yesterday quoted Nasrallah as telling a group of Lebanese emigrants.

Hezbollah and Israel have not exchanged fire since the war ended three years ago. But tensions have risen after a weapons cache exploded this month in Lebanon.

The UN said there are signs the stockpile belonged to Hezbollah, and added that the presence of these arms were a violation of the UN resolution which ended the war. REUTERS

U.S. still behind Zelaya

HONDURAS The United States said yesterday it wants Honduras' ousted President Manuel Zelaya in power but gave no commitment to force the de facto government to back down.

Zelaya, an ally of Venezuela's socialist President Hugo Chavez, has complained that Washington was wavering and has not done enough to win his reinstatement.

The U.S. government said it had not changed its position. "Our policy remains the same, that we want the restoration of democratic order and that includes the return by mutual agreement of the democratically elected president, and that's President Zelaya," State Department spokesman Ian Kelly said in Washington. REUTERS

News in brief

CEASEFIRE Afghanistan has struck its first ceasefire with the Taliban in a remote province before a presidential election next month, the government said yesterday, but the truce lasted only hours before clashes broke out. The deal was in the northwestern Badghis province.

DEATHS Two more British soldiers died in explosions in southern Afghanistan, bringing the total killed in the bloodiest month for British soldiers in the campaign to 22. REUTERS

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Comment

This party will rankle prime minister

NationalReport
Lawrence Martin

metronews.ca/nationalreport

Much to the aggravation of Stephen Harper, Brian Mulroney won't go away.

Mulroney and friends are planning a huge party in Montreal in September to celebrate the 25th anniversary of their historic electoral triumph of 1984. That was the year the Progressive Conservatives won a record 211 seats.

Mulroney supporters were floating the idea of the big fete in the spring. It rankled Harper. He, we recall, had tried to make BM persona non grata in Conservative circles, owing to the controversy with Karlheinz Schreiber, which was recently detailed at the Oliphant inquiry. Harperites were hoping the rough ride Mulroney got in those hearings would nix the notion of holding an event in his honour.

Not so. Not only will it go ahead, it will be one of the biggest bashes the party has held. An estimated 700 will attend. Big-time Tories will be out in full force.

The broadway production will likely be interpreted as Mulroney hoisting his middle finger at Harper, demonstrating that he is still a force to be reckoned with, that it was a big mistake to try to ostracize him. In highlighting 1984, he will be reminding the PM of what constitutes a real electoral triumph. As in, "Your puny minorities hardly stack up to what we did, Stevo."

The mid-September bash will come right when the next election could be triggered, right when party unity is most important. The Harper team upped the ante in the Mulroney dispute a while back when it put out the word that he was no longer even a member of the party. It was a typical Harper tactic, the likes of which we just saw at the G8 summit when he had to backtrack for making false accusations against Michael Ignatieff.

Given the Schreiber affair, it's been understandable that the PM has wanted to keep Mulroney at a distance. But to go to such an extent was uncalled for. Now he faces the likelihood that the anniversary gala will evolve into a disruptive party loyalty test.

With a show of generosity, Harper could avoid the trouble. All he has to do is support the event — put out a statement saying that Mulroney made a serious error of judgment in respect to Schreiber, that he has apologized for it, but in no way should it take away from his great triumph in 1984. "Let's all celebrate it."

He could take that constructive course, but it's doubtful. As has been often demonstrated, the guy has a vampire's need to draw blood.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

Aboriginal youth don't dare to dream

Laura Eggertson

FocusOn FirstNations

It is not exaggerating to say Shawn Atleo, the new national chief of the Assembly of First Nations, carries to Ottawa the responsibility of improving the lives of the rising generation of young Aboriginals who could be one of Canada's greatest resources.

Among those Aboriginal youth are my own daughters, aged 18 and 15, and, come October, my first granddaughter.

As their advocate with the federal government, and the most visible symbol to most Canadians of First Nations' aspirations, part of Atleo's job is to voice the hopes and dreams of young Aboriginals.

The problem, as my daughter Miranda tells me, is that many young people living on reserves where she has recently lived don't dare to hope.

"The native kids I know — they don't even have dreams," she says. "They just have to get through the day. They don't think about the future because it's the same thing every day."

Many First Nations youth Miranda has met during the last two years of her own journey wake up wondering if there's enough food. They seldom get up to an empty house; overcrowding is rife in inadequate housing on our First Nations. Often, they awake to the aftermath of substance abuse or violence in their communities. They may go to school; they may not, if, at high-school age, they must board with strangers in bigger cities to go to school. Boredom is constant; with few full-time jobs for adults, part-time jobs aren't even an option for most youth on reserves.

Miranda wants a different life for her daughter. She wants her to be healthy and to live drug and alcohol free. She wants to give her a stable upbringing with her two parents, untouched by the child welfare system. She wants her to have access to an education, so she can stand on her own two feet. She hopes her daughter will keep busy and dare to dream.

Most of all, my daughter hopes her daughter won't experience the inter-generational trauma Miranda suffered, born of the residential school experiences of her family members.

Atleo can't do it alone. He needs a federal government receptive to his advocacy, and a Canadian population willing to improve the lives of our Aboriginal Peoples.

I hope the new leader, our politicians, and all Canadians are ready to assist the next generation of Aboriginal children and youth in creating opportunities.

For the sake of my granddaughter — and all the others.

Laura Eggertson is an award-winning freelance journalist based in Ottawa, and a former Nieman fellow at Harvard University.

GRAEME MACKAY

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Spike in U.S. new home sales boosts optimism

U.S. bank shares rose yesterday after a surprisingly large increase in U.S. new home sales and positive analyst comments increased investor optimism that the worst may be over for the troubled sector. Commerce Department data showed an 11 per cent increase in home sales in June, the biggest gain in eight years, to a still low 384,000 annualized pace. REUTERS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Ericsson sees robust margin

Telecom equipment maker Ericsson said yesterday it expected the wireless assets to be acquired from Nortel Networks Corp to produce a double-digit operating margin this year.

The deal, expected to close in the third quarter, will generate synergies in sales, services and research and development, said Ericsson chief financial officer Hans Vestberg during a conference call.

Vestberg, who is due to become chief executive at the turn of the year, said he agreed that the wireless acquisition could show an operating margin of more than 10 per cent this year.

The Swedish company said on the weekend it had won an auction to buy the wireless assets of Nortel in a $1.13 billion US deal. The company beat two other bidders — its smaller rival Nokia Siemens Networks and private equity firm MatlinPatterson. Ericsson said in a statement that it expected the transaction to have a positive effect on its earnings within a year of the closing the deal.

Research In Motion, the Canadian company that makes the BlackBerry smartphone, was also chasing a deal for the Nortel technology but has said Nortel effectively blocked its approach, valued at $1.1 billion US. RIM is expected to use a bankruptcy court hearing today to voice its objections about the bidding process. REUTERS

Financials boost TSX amid economic recovery hopes

STOCKS Toronto's main stock index moved higher for a third straight session yesterday, helped by economic recovery hopes that lifted the financial group.

Similar to Friday's session, financials were responsible for propping up the TSX index — with a healthy 2.23 per cent gain — while six of the other main sectors fell.

Optimism triggered last week by the Bank of Canada's declaration that the recession was over has buoyed the sector, which has risen nearly seven per cent. REUTERS

Eight of 10

- Eight out of yesterday's 10 most influential gainers on the TSX were from the financial group.

Business in brief

COMMUNICATIONS Verizon posted a lower quarterly profit and said it would cut 8,000 jobs, as weakness in wholesale and corporate segments overshadowed wireless growth. Verizon, whose shares fell 2.6 per cent yesterday morning, said it would accelerate cost cuts in its landline business.

ENERGY Imperial Oil Ltd. said yesterday its Strathcona refinery in Edmonton is producing fuel as usual following a power outage more than a week ago that contributed to tight gasoline supplies in the region. REUTERS

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Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

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Budget before the bump

Plan before pregnancy for staying financially afloat

AlisonOnMoney
Alison Griffiths
metronews.ca/alisononmoney

I am seeing babies and big bellies everywhere. On Saturday at my local farmer's market I constantly negotiate with one or the other between basil, beets and blueberries.

And since such markets tend to be intimate affairs I can't help overhearing the conversations of parents-to-be chatting with new moms and dads.

A frequent comment goes something like this. "We're excited but a little concerned about managing on my mat leave pay." As I cast my eye to the nearly full term tummy I'm thinking: Uh oh, a little late to start worrying.

The best way to prepare for maternity leave pay is to try it out long before the joyous day arrives. If you get in the habit of spending less to accommodate a lower income, you won't find it as much a hardship later on.

Start with the budget template on my site, alisongriffiths.ca. For income, use mom's mat pay (assuming it is mom who will be on leave) together with the partner's take-home income. Don't forget to increase existing take home to factor in the additional tax deduction of a new dependent.

The best way to relieve stress for new parents is to have your financial plan in place, well before the bundle of joy arrives.

As you fill out expenses you will quickly see where you need to cut back in order to keep the bottom line a healthy black.

Of course, with two full-time incomes currently you should now have a surplus! Stash it in a baby account to be used for emergencies during maternity leave. On the other hand, if you are laden with debt, devote the surplus to paying it down. With a number of months of boosted payments you can make a big dent in what you owe. Lower debt means lower stress for new parents.

The discipline of living on a "baby budget" in advance also offers you some post-mat leave flexibility.

If one parent decides to stay at home or work part-time you have a greater chance of making it happen if the habit of spending less is well ingrained.

Alison's Money Rule:

- If a new family is in your future, prepare for it financially before the wee one is even a sparkle in Dad's eye by living on a baby budget.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

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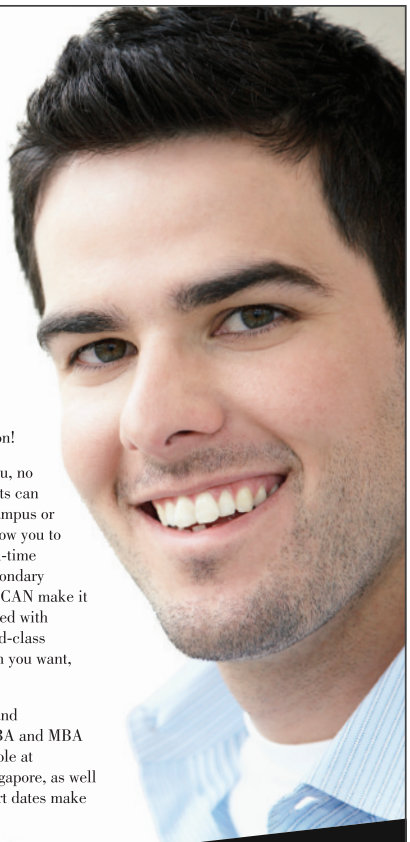

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What defines an employee?

MoneyMatters
Henry Choo Chong
metronews.ca/moneymatters

Q Recently, the Canada Revenue Agency completed an audit on my construction business. I was fined for payroll taxes for three years including penalties and interest. I have up to three workers that work on an "as needed" basis and see no reason to do payroll. Who is right? This would bankrupt my business. — Vince

A Unfortunately, the CRA does not take breaks in lean economic times. In next year's personal tax filing, will they lower your taxes because of a bad economy?

Generally, many small businesses prefer to treat workers as "independent" because of time and payroll cost. In contrast, the CRA would prefer the opposite. The distinction between employee and self-employed is not always easily determined. On one hand, an individual that works for one company, at hours specified every day for a fixed amount would be considered an employee. Comparatively, an individual that provides services to several companies using his/her own expertise, independently prioritizing work and degree of service is considered self-employed.

Some of the following are used to determine whether a taxpayer is an employee or self-employed:

- The control test: Who determines when, where and how the services are to be performed? An employer would generally dictate the time, place and how services are provided.
- The specific result test: This test makes a distinction between "contract of service" and "contract for service." The former is considered an employee and the latter self-employed.
- The integration test: This test determines if an individual is an integral part of the company and is therefore an employee or is not integrated and is then considered self-employed.
- The economic reality test: Self-employed individuals bear economic risks such as financing equipment and tools, hiring help to operate the business and obtaining sufficient clients to succeed in the business. An employee does not bear such financial risks associated with being self-employed.

The above test does not necessarily yield an automatic yes or no, but it offers guidance. Get a tax accountant/lawyer that can assist with filing an objection ASAP.

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca.

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Investing
Allan Small

Allan Small looks at the quarterly results of companies in his market update. Visit metronews.ca/investing

Galaxy fan has lifetime ban lifted

The Los Angeles Galaxy fan who jumped onto the field during an exchange between David Beckham and the home crowd had his lifetime ban from the stadium rescinded yesterday. The unidentified fan jumped onto the field July 19 for a match against AC Milan after Beckham made what appeared to be an inciting gesture. METRO NEWS SERVICES

Sports

NFL reinstates Vick

Quarterback Michael Vick has been reinstated to the NFL on a conditional basis and a decision on his return to action will come by the sixth week of the regular season, Commissioner Roger Goodell said yesterday. Vick, who completed a 23-month criminal sentence for bankrolling a dogfighting ring, was free to sign with an NFL team, participate in practice and play in the final two preseason games. REUTERS

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Sports in brief

FORMULA ONE Injured Formula One driver Felipe Massa has been brought out of an artificial coma, was taken off a respirator and has been able to communicate with his doctors and family representatives, his doctors said yesterday. The Brazilian driver fractured his skull in an accident during Saturday qualifying.

BURRESS Manhattan's district attorney says he wants former Giants wide receiver Plaxico Burress to serve time in prison, the New York Post reported yesterday. Robert Morgenthau told the newspaper that Burress, who shot himself with an unlicensed gun in November, was willing to spend a year in jail, but prosecutors insisted on two.

BASEBALL The Toronto Blue Jays defeated the Seattle Mariners 11-4 last night in Seattle. Toronto leadoff hitter Marco Scutaro went 4-5, and Ricky Romero pitched six innings for the win.

METRO NEWS SERVICES

Green's day at Open

Australian Nathan Green ended a gloomy week in brilliant style by beating South African Retief Goosen on the second hole of a sudden-death playoff to win the 100th Canadian Open yesterday.

MIKE CASSESE/REUTERS

Nathan Green kisses the winner's trophy after winning the Canadian Open at Glen Abbey yesterday in Oakville, Ont.

After four days of torrential rain, thunderstorms and lightning forced the $5.1-million tournament to a Monday finish, the skies finally cleared over Glen Abbey where Green fended off a late challenge from twice-U.S. Open champion Goosen to claim his maiden PGA Tour win.

Goosen rolled in a 15-foot eagle putt on the last hole of regulation play to join Green at 18-under and put pressure firmly back on the 34-year-old Australian, who still had two to play.

Green, who twice birdied and eagled the 18th in earlier rounds, could not hold his nerve and settled for par to send the tournament to a playoff.

Stephen Ames was the best of the Canadians, finishing in a tie for eighth six shots back, while former U.S. Masters champion Mike Weir bogeyed two of his final three holes to finish eight shots off the pace. REUTERS

Stay in Phoenix, play in Canada?

COYOTES A group of businessmen wishing to buy the Phoenix Coyotes has a creative plan for the team to play five games each season in Canada, likely in either Saskatoon or Halifax, to help keep it financially viable in Arizona.

That kind of thinking, figures Jim Balsillie, only supports his argument that the franchise belongs north of the border on a permanent basis. Balsillie, of course, is trying to bring the Coyotes out of bankruptcy and into Hamilton.

Friday was the deadline for bidders who wish to keep the Coyotes at their Glendale home to submit their formal bids. One bid, from Chicago Bulls and White Sox owner Jerry Reinsdorf, is worth up to $148 million (all figures US). Another group of businessmen, calling themselves Ice Edge Holdings, submitted a "letter of intent" to buy the team for $150 million.

TORSTAR NEWS SERVICE

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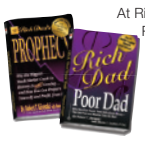

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Robert Kiyosaki will not attend this workshop.

Teens smoking influences

There's twice the chance that teens and young adults will become smokers if they watched a high number of movies in early adolescence with characters smoking, according to a study in Pediatrics. **BEST HEALTH MAGAZINE**

Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Hair removal ... fun?

Home wax strips and razors get gussied up

JANINE FALCON
For Metro Canada

Now that the home-waxing and razor industries have the technical side down with cold-wax strips, microwaveable wax, and multiple-blade shaving heads with built-in shave cream and gel bars, the next big concept in standard home hair removal is ... scented glitter wax? Fragranced razor handles? Well, yes.

Scented hair-removal products aren't actually new. Sally Hansen has offered vanilla and lavender-fragranced depilatories since about 2005, BIC launched the Soleil Citron Shaver with citrus-scented handles in 2007, and countless shave creams are pretied up with fruity fragrance and conditioning ingredients. This year, razors from Gillette and wax strips from Nair joined the tease-the-senses ranks.

ISTOCK PHOTO

Make the mundane task of hair removal more girly with the various scented and glitter-adorned products now on the market.

Gillette's blade and razor claims technical leader Pam Zupkosky says the colourful, scent-infused elastomer handles on Gillette Venus Disposables Tropicals are "designed to make shaving more experiential." Translation: it's about making shaving less of a chore and more of a pleasant experience.

Left: Nair Pretty Glitter Hair Removal Wax Strips for legs, $8.99 per box of 20. Right: Gillette Venus Disposables Tropical razor, $9.99 per 3-pack.

Nair's Pretty Glitter Hair Removal Wax Strips, amped up with the scent of chamomile and cherry or chamomile and apple, are coloured a corresponding red or green and blinged out with sparkles in the wax. "Glitter is all about aesthetics and making the product more fun and user-friendly for the first time user," says Veronique Hamel, director of marketing for Nair.

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Breaking down communication

The J Spot

You want to talk about it. He would rather stick a hot poker in his eye. You keep prodding. He leaves the room.

According to a new study in the June 2009 edition of the journal Personal Relationships, this kind of "demand-withdraw" communication is depressing, literally.

"According to the study's findings ... both men and women can be equally lousy communicators."

In relationships where a pattern develops when one spouse wants to continue discussing a marital disagreement even after the other spouse has tried to end the discussion by say, changing the topic or leaving the room (usually with the other spouse not far behind, still yakking), the study found increased levels of depressive symptoms (increased sadness, fatigue, poor sleeping and eating behaviours).

Interestingly, however, contrary to the stereotype (one I've in fact perpetuated with the above example), it's not always the woman pursuing and the man distancing.

According to the study's findings, when it comes to "demand-withdraw" communication within their relationship, husbands and wives both reported that they and their spouse took on the "demander role" and "withdrawer role" equally.

In other words, both men and women can be equally lousy communicators.

Given the impact this kind of communication clearly has upon one's mental health, it's in any couple's interest to invest some time in improving their communication style. "When relationship communication is better, we and our partners show fewer symptoms of depression," concluded the authors of the study.

One of the best exercises I've ever encountered to help couples improve their communication is something called "mirroring." It's a bit like that telephone game you played at birthday parties as a kid. One partner says something to the other, and the other repeats it back and then asks if they got it right. If he or she didn't, the first partner clarifies what they said, and you repeat the exercise until the first partner is satisfied that the second partner has clearly understood.

In this way, instead of pushing each other's buttons, you're both listening and feeling heard — in other words, communicating.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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7. Resveratrol showed anti influenza (flu) activity.
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Bloom to skip future Pirates movies

Orlando Bloom is bowing out of any future Pirates of the Caribbean sequels to spend more time with his girlfriend, Victoria's Secret model Miranda Kerr. "Orlando loved the films but thinks it's time to bow out," a source tells News of the World. METRO NEWS SERVICES

Entertainment

Harris picks Ed

Vancouver resident Jillian Harris chose technology consultant Ed Swiderski over business developer Kiptyn Locke in last night's finale of The Bachelorette.

METRO NEWS SERVICES

EDITOR: DEAN.LISK@METRONEWS.CA

The best of Incubus

Monuments And Melodies a collection of hits and rarities

SONY MUSIC PHOTO

Monuments And Melodies, a two-disc compilation album by alt-rocker act Incubus, was released last month.

KEITH CARMAN
for Metro Canada

Controversy sells. With many bands lacking musical integrity these days, that's the principle thrust behind pushing albums off of store shelves. The more spotlight you can bring to a musician's personal life or public misdemeanours, the more cash it generates for label pockets.

Occasionally though, some bands still sell music based on merit. Such is the case with Calabasas, Calif.-based alternative rockers Incubus. Spreading their metal/modestly hip-hop-influenced attack for almost 20 years, the band comprised of vocalist/guitarist Brandon Boyd, guitarist Mike Einziger, drummer Jose Pasillas II, bassist Ben Kenney and turntables/sampler Chris Kilmore are hot for their sounds, not their sensationalism.

Case in point: Latest effort, the double-disc package Monuments And Melodies (Epic) entered the world at No. 5 on the Billboard 200 chart. And when was the last time you heard about a fracas in the Incubus camp?

Well, you haven't. Initially calling a temporary hiatus on the band in 2008 to explore personal ventures, less than a year later, the outfit is already back with a greatest hits affair. After 20 years, most bands are itching to get away from each other. For Incubus though, they were going nuts without one another.

"A year for us is almost too much," Boyd admits of the downtime. "We missed each other. We're individuals but we've been so close over 18 years, to take a year away feels like four. This is why we're here on Earth — to make music. We can take breaks, but we can't stay away for long."

Getting the wheels rolling, the band jumped into forging Monuments And Melodies, a means of respecting obligations to their label/artist relationship, but also to shake off the stagnancy of their creative juices while gearing up to work on a seventh full-length due in 2010.

Aspiring to escape typical greatest hits trappings — simply pilfering from previously released material — Incubus worked diligently to create something different, resulting in two discs, one featuring the band's 13 most popular tunes and a second, more introspective effort compiling rarities, B-sides, soundtrack cuts, alternate song versions, three previously unreleased songs and a cover Prince's Let's Go Crazy.

"We knew what was going on the record," notes Boyd. "The hard part was deciding if it was the right time to do it and if so, how were we going to do it? Our audience is web-savvy and have created their own playlists a long time ago. It's beyond redundant to put out a greatest hits record that it's almost comical for a band to turn in a sequenced album of songs that everyone already has in this day and age. That's just repackaging the bread and selling it again. We wanted it to be worth peoples' time to get out there and steal it."

DVD picks

Fast & Furious

Director: Justin Lin

IT'S VA-ROOM déjà vu for Vin Diesel and the gang, reunited for the implausible fourth in a series of gas-guzzling movies. Diesel, Paul Walker, Michelle Rodriguez and Jordana Brewster spin their wheels to a maddening degree. Director Justin Lin and screenwriter Chris Morgan, who last teamed for The Fast and the Furious: Tokyo Drift, waste precious momentum on reconnecting Diesel's Dom and his tough-chick girlfriend Letty (Rodriguez) with rogue FBI guy Brian (Walker) and his jilted gal Mia (Brewster). Add to this a ho-hum tale of drug smuggling and heartbreak payback, and you could probably play a few games of Grand Theft Auto while waiting for it all to get into gear. When the rubber hits the road, shots are so CGI heavy and the editing so choppy as to render the results both ludicrous and incomprehensible.

Peter Howell/for Metro Canada

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 7/28/09	251	308	3 CBC	Coronation St.	Jeopardy!	Rick Mercer	22 Minutes	Being Erica "Til Death"		CBC News: The National (N)		(:05) The Hour
	255	358	6 JOY	E! News (N)	The Insider	Inside Hollywood (CC)		Better Off Ted	Better Off Ted	Ruby (N)	Ruby (N)	News
	254	-	8 M	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		Metropia
	250	321	9 CTV	Corner Gas	Hollywood	CSI: NY (CC)		Criminal Minds "Mayhem"		Law & Order: SVU		News
	-	-	10 OMNI	The Daily	Frasier (CC)	Islam 101 (CC)		Poltergeist: The Legacy		Scrubs (CC)	The Search	New Day
	252	336	11 GTV	Entertainment	ET Canada	NCIS "Knockout" (CC)		Big Brother 11 (N) (CC)		NCIS "Recoil" (CC)		News
	256	389	12 VI	The Road to Avonlea		Monk (CC)		America's Got Talent (N)		Cupid (CC)		News (N)
	253	359	13 CITY	Law & Order: SVU		Hell's Kitchen (N) (CC)		More to Love (CC)		The Bachelorette (N) (CC)		The CityNews
	-	-	14 CW	Deal-No Deal	Deal-No Deal	90210 "Secrets and Lies"		Hitched or Ditched (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	NCIS "Knockout" (CC)		Big Brother 11 (N) (CC)		Medium (CC)		News
	287	379	16 NBC	Evening Mag.	Inside Edition	America's Got Talent (CC)		America's Got Talent (N)		Law & Order: SVU		KING 5 News
	602	568	19 W	Style by Jury	Friends (CC)	House	Style by Jury	Style by Jury	Style by Jury	Come Dance at My Wedding (2009, Drama)		
	288	380	21 ABC	Wheel-Fortune	Jeopardy!	The Superstars (Season Finale) (N) (CC)		Better Off Ted		The Bachelorette (N) (CC)		KOMO 4 News
	-	-	23 KVOS	M*A*S*H	Seinfeld	The Foreigner ★ (2003) Steven Seagal, Harry Van Gorkum.				King	Still Standing	Scrubs (CC)
	291	383	27 PBS	Steves Europe	Conver-KCTS	Nova "AstroSpies"		Nova scienceNOW (N)		P.O.V. Oxford's Mulberry Bush School. (N)		
	290	382	28 FOX	Two/Half Men	Two/Half Men	Hell's Kitchen (N) (CC)		More to Love (CC)		Q13 FOX News at Ten (N)		Family Guy
	-	364	29 PBS	Weapons	Weapons	Keeping Up	Being Served	Tavis Smiley	Charlie Rose (N) (CC)		Nova "AstroSpies"	
	296	654	34 SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	Paid Program	Family Court	Paid Program
	298	653	35 TLA	Two/Half Men	Two/Half Men	90210 "Secrets and Lies"		Hitched or Ditched (CC)		KTLA Prime News (CC)		Friends (CC)
	295	651	36 WGN	MLB Baseball: Astros at Cubs		WGN News		90210 "Secrets and Lies"		Hitched or Ditched (CC)	Friends (CC)	My Wife-Kids
	297	652	37 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Sex and-City	According-Jim	Frasier (CC)	Frasier (CC)	Odd Couple
	199	311	46 STR	News	NTV Latenight News		Late Show-Letterman		Late Late Show		Will & Grace	Seinfeld
news	502	390	48 NW	The Third Sex (CC)		CBC News: The National (N)		CBC News: The National		The Third Sex (CC)		National
	500	500	49 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	52 RSP	MLB Baseball Toronto Blue Jays at Seattle Mariners. From Safeco Field in Seattle. (Live)						Sportsnet Connected (Live)		Sportsnet
	400	400	60 TSN	SportsCentre (Live) (CC)			In This Corner	Boxing: Maidana vs. Ortiz		Mike Tyson's Greatest Hits		SportsCentre
	411	457	49 OLN	Ghost Hunters "O.K. Corral"		Dog the Bounty Hunter (CC)		Survivorman (CC)		Ghost Hunters "O.K. Corral"		Bounty Hunter
	410	403	24 SCR	Soccer: Asia Trophy -- West Ham vs. Tottenham				Final Score	Final Score	Final Score	Final Score	Final Score
	417	406	65 SC	Jacked!	Jacked!	Pimp My Ride	Pass Time	Pimp My Ride	Pimp My Ride	Super Bikes!	Super Bikes!	Jacked!
	416	409	144 GLF	Toronto FC at the Half		Game Cap	Gol TV News	Toronto-Today	Game Cap	Paid Program	Gol TV News	Gol TV News
family	552	543	25 YTV	Drake & Josh	Prank Patrol	Malcolm-Mid.	Futurama	Family Biz	Prank Patrol	Falcon Beach "After the Fall"		Mystery Hnt.
	555	545	50 TEL	Jimmy Two	Total Drama	6TEEN	6TEEN	Futurama	American Dad	Chicken	American Dad	Moral Orel
	557	541	51 FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	55 TRE	Big Comfy	Zigby	Max & Ruby	Babar (CC)	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Gardens	Recreat. Eden	Mighty Movers (CC)		Private Life of a Masterpiece		Urban Goddess: Jane Jacobs		Medicare
	575	583	20 CMT	Hope & Faith	Hope & Faith	Cheerleaders	Cheerleaders	Home Imp.	Home Imp.	Reba (CC)	Reba (CC)	Hope & Faith
	570	580	42 MM	Video on Trial	disBand	One Tree Hill (CC)		Greek (CC)		MuchVibe		Spotlight
	600	564	43 H&G	House	House	Holmes on Homes (CC)		SarahCottage	Genevieve	HGTV's Top	Dirty Business	House
	615	520	61 A&E	The Cleaner (N) (CC)		The Cleaner (CC)		The First 48 "River's Edge"		The First 48 (CC)		The Cleaner
	628	584	62 SPKE	Ways to Die	MANswers	MANswers	MANswers	CSI: Crime Scene Invstgtn.		Spike's Most Amazing Videos		Disorderly
	521	560	64 TLC	Little Couple	Little Couple	18 Kids-Count	18 Kids-Count	Little Couple	Little Couple	Moving Up (CC)		Restorer Guy
	616	522	69 SHO	The Outer Limits (CC)		Painkiller Jane "Lauren Gray"		Every Second Counts (2008, Drama) Stephen Collins. (CC)				House (CC)
	620	523	70 BVO	Freddie Mercury		Law & Order (CC)		Without a Trace "Volcano"		Who Is Cletis Tout? ★★ (2001) (CC)		
	601	562	41 SLC	Rich Bride, Poor Bride (CC)		ET Canada	Til Debt-Part	Real Housewives OC		Trading Spouses		Biggest Loser
	520	505	72 DIS	Deadliest Catch (N) (CC)		Daily Planet (CC)		Against the Elements (CC)		Deadliest Catch (CC)		How It's Made
	522	506	74 HIS	NCIS "Sharif Returns" (CC)		Lost Worlds (CC)		To Build a Nation (CC)		NCIS "Sharif Returns" (CC)		Nuclear
	627	528	75 SPC	Ghost Hunters (CC)		Stargate SG-1 "Avatar"		Star Trek: Next Gener.		Star Trek: Voyager (CC)		Star Trek: Ent.
	294	650	77 TBS	The Office	The Office	Seinfeld	Seinfeld	Sex and-City	Sex and-City	Boat Trip ★ (2003) Cuba Gooding Jr. (CC)		
	619	525	78 TROP	Power Play "The Mask"		Tube Tales	Tube Tales	Seinfeld	Raymond	Family Guy	Seinfeld	Seinfeld
	603	561	82 FN	Good Eats	Good Eats	Iron Chef America Cat Cora.		Unwrapped	Unwrapped	Hell's Kitchen (CC)		Good Eats
	626	547	87 COM	Air Farce	22 Minutes	22 Minutes	Corner Gas	The Simpsons	South Park	Hot Box (N)	Awesome	Daily Show
	320	621	90 CEN	(6:20) Emotional Arithmetic		Noah's Arc: Jumping the Broom (2008) (CC)		(:45) No Reservations ★★ (2007) Catherine Zeta-Jones. (CC)				
	581	566	101 MTV	Daddy's Girls	Daddy's Girls	MTV Live	Live W Lauren	Super Sweet	Super Sweet	Daddy's Girls	Daddy's Girls	MTV Live
	261	394	102 V	5 Seekers	Search	Poltergeist: The Legacy		Calendar Girl ★★ (1993) Jason Priestley, Gabriel Olds. (CC)				Paid Program
	-	-	105 MUL	Banquet	Kingdom-Wind	Il Caffe		In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics'corner

More to Love

Luke Conley, 26, a college football player-turned-subcontractor and real estate investor, is a husky guy seeking romance with a full-figured woman comfortable in her own skin. Will he find her in this new dating competition show from Mike Fleiss ("The Bachelor")? Maybe, maybe not, but with 20 voluptuous ladies vying for his attention, he's bound to have fun trying. 9 PM on FOX CITY

The Cleaner

A cop hires William (Benjamin Bratt) to help his estranged son, who is also on the police force and needs to pass a drug test. William tries to figure out how to grab an addict who is armed. Akani (Grace Park) brings in a homeless woman and tries to find a shelter that will accept her new charge and her dog. Swenton (Esteban Powell) meets an alcoholic and his daughter on a bus. Amy Price-Francis also stars in the new episode "The Things We Didn't Plan." 7 PM on A&E

Rob doesn't seek musical spotlight

Robert Pattinson would never consider showing off his musical talents at an open mike night, because he's too shy. The British actor is a keen guitar and piano player and even writes his own songs, two of which appeared on the Twilight soundtrack. METRO NEWS SERVICES

Celebrity Buzz

The Jackson-Hilton connection

CELEBRITY CONNECTIONS Paris Hilton insists that she was the inspiration for the name of Michael Jackson's daughter.

"My mom and Michael went to high school together and they were best friends since they were 13," Hilton told Extra. "So I grew up knowing Michael very well and when he had his daughter, he always loved the name Paris and grew up being an uncle to me. So he asked my mom if it was OK and, of course, she said yes. "I think Paris is such a beautiful little girl and I'm proud we have the same name." METRO WORLD NEWS

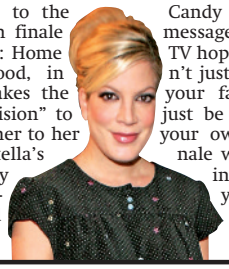
Spelling pair feuding again

BEEF Long-feuding mother Candy Spelling and daughter Tori Spelling are at it again, people.com reports.

In an open letter from Candy, 63, to Tori, 36, published Sunday by TMZ.com, the elder Spelling reacts to the two-part season finale of Tori & Dean: Home Sweet Hollywood, in which Tori makes the "agonizing decision" to invite her mother to her daughter Stella's first birthday party — a gathering Candy did not attend.

"A big party wasn't how I envisioned meeting my granddaughter for the first time; but, hey, this is Hollywood, and my grandchildren have become reality show props, too," she wrote.

Candy also has a message for reality TV hopefuls: "Life isn't just a show. And your families can't just be props. Make your own season finale without creating conflicts you will regret later." METRO NEWS SERVICES



MJ friend, not father: Omer

CLARIFICATION Omer Bhatti is not Michael Jackson's secret son, femalefirst.co.uk reports.

The 25-year-old Norwegian dancer — who lived with the late pop star at his Neverland ranch for eight years — has reportedly denied all rumours he was Jackson's biological child and says the pair were just "best friends."

According to Britain's Sunday Mirror newspaper, he told a pal: "Michael is not my father. He and I were very, very close. He was my best friend."

The performer was seated in the front row of the memorial concert held at the Los Angeles Staples Center on July 7, fuelling speculation he is related to the pop icon.

Jackson is believed to have told friends in 2004 he was Bhatti's biological father after having a one-night stand with his mother, Pia, in 1984. But the dancer reportedly claims this is untrue.

He added to a friend: "Michael always used to say I was like a son to him. But my true parents are here in Norway. The reason why I was asked to sit with his family at the memorial service is because I was Michael's closest friend, not because I am his son." METRO NEWS SERVICES

What about your family, Michael?

GOOD POINT As Michael Lohan emerges as a new advisor to Jon Gosselin, sources tell People magazine that the Lohans wish he'd focus on his own family and pay the six months of child support they say he still owes — a debt Michael disputes.

"It's embarrassing, he's embarrassing," said a Lohan insider. "He's trying to get deals for Jon. Maybe Jon can tell Michael to pay (ex-wife) Dina child support. He's now six months behind."

A second Lohan source confirmed what Dina is owed: "Over $12,000 is due, and it's in the hands of collections now."

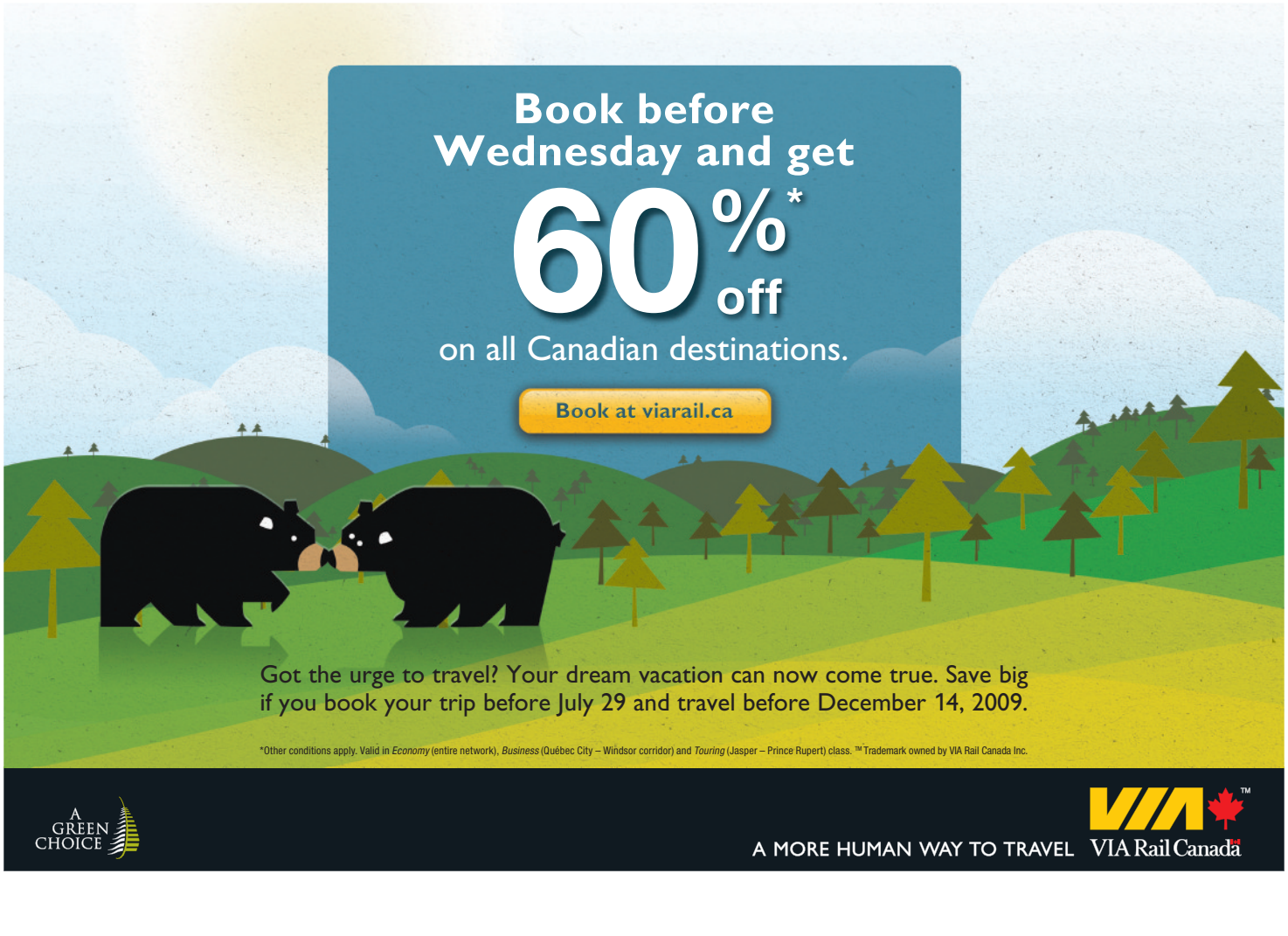
Michael Lohan, however, denies the debt. "That's a total lie. I pay Dina and the kids cash all the time," he told People, adding, "This is typical of what Jon and I discussed about spouses being vindictive and destroying a relationship between a father and their children." METRO NEWS SERVICES

Ex Blake blabs about Amy's OD

TELL-ALL Now that he's split from Amy Winehouse, Blake Fielder-Civil is dishing on the wilder times in their marriage, including a night when Winehouse almost died of an overdose after a three-day drug binge.

"Her eyes suddenly went blank. She started having a fit on the bed. She slid down on to the floor before I could stop her," he told the Sun. "I thought she was dying in my arms." Fielder-Civil says even he pressured her to sober up: "She had everything going for her. But she ended up behaving badly just to shock. After a while that just becomes a bore. I wanted her to stop." METRO NEWS SERVICES

GETTY IMAGES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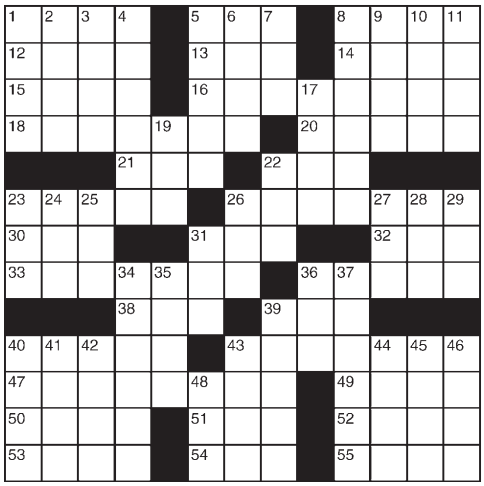
Take Five



ACROSS

1 Recipe meas.
5 Salt Lake tribe
8 Sound of longing
12 Back
13 Gun toters' org.
14 Radius neighbour
15 Plankton component
16 Puns and such
18 Hefner magazine
20 Takes a break
21 A billion years
22 Scratch
23 Chic again
26 *NSYNC or Menudo
30 Raw rock
31 Chip accessory
32 Modern prefix
33 Exquisitely neat
36 Trust
38 Hearty brew
39 Unruly bunch
40 Extremist
43 Grandstand accommodation
47 Driver's protector
49 Hodgepodge
50 Wan
51 "Gosh!"
52 Discourteous
53 Raced
54 Hooter
55 Evidenced a wound

DOWN

1 Snare
2 Telephone inventor
3 Long story
4 Orison
5 Yet to be achieved
6 Helen's home
7 Listener
8 Excellent
9 Troubles
10 Summertime pest
11 Robert of "Airplane!"
17 Wagon
19 Ghost's call
22 Swab the decks
23 Filch from
24 Historic time
25 Sawbuck
26 Jazz cornetist Beiderbecke
27 Blackbird
28 Butterfly catcher
29 Homer's interjection
31 Buck's mate
34 Moved quickly
35 Spill the beans
36 Henhouse threat
37 Soak up
39 Roadside stopover
40 Letter delivery grp.
41 Bound
42 Yarn
43 Huffed and puffed
44 Hebrew month
45 Staffer
46 Pigeon- —
48 Id counterpart

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	3		4		5		9	
		1				5		
	9		6		7		1	
	4	5				9	3	
8								1
	1	7				8	2	
	6		9		2		7	
		3				6		
	5		7		8		4	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

S	W	A	N		S	L	Y		E	S	S	E
O	A	H	U		Y	E	A		S	A	U	L
B	L	O	C		M	O	N	O	C	L	E	S
S	K	Y	L	A	B		K	A	R	A	T	E
			E	R	O	S		R	O	D		
C	U	T	I	C	L	E	S		W	O	R	E
A	S	A		S	I	T	A	R		I	O	N
T	H	U	D		C	U	B	I	C	L	E	S
		T	E	L		P	E	S	O			
I	C	E	B	A	G		R	E	P	O	R	T
M	A	N	A	C	L	E	S		P	L	E	A
A	P	E	S		O	V	A		E	L	A	N
N	O	D	E		M	E	W		R	A	M	S

4	5	7	2	3	8	6	1	9
2	9	6	1	7	5	3	8	4
3	1	8	4	9	6	2	5	7
1	6	2	5	4	3	9	7	8
9	7	3	8	6	1	4	2	5
8	4	5	7	2	9	1	6	3
7	2	1	9	5	4	8	3	6
5	3	9	6	8	2	7	4	1
6	8	4	3	1	7	5	9	2

On the web

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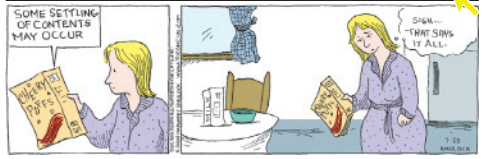

Metro Recipe of the Day

Beef and Beet Coleslaw Sandwich

INGREDIENTS:

1/3 cup (75 ml) light mayonnaise
1 tbsp (15 ml) wholegrain mustard
4 large whole wheat rolls
1 ½ oz (50 g) watercress or arugula leaves
10 oz (300 g) lean rare roast beef, thinly sliced
7 oz (200 g) red cabbage, finely shredded
1 small red onion, thinly sliced
5 oz (150 g) cooked beets, peeled and coarsely grated
1/3 cup (75 ml) low-fat natural yogourt

METHOD:

1. In large bowl, mix mayonnaise and mustard. Split rolls in half and spread bottom half of each with this mayo and mustard mixture.
2. Top bases with watercress or arugula and divide slices of roast beef among them.
3. In same bowl as used for mayonnaise, make coleslaw by mixing red cabbage, red onion and beets. Add yogourt and stir to coat. Pile coleslaw on top of beef, season with freshly ground black pepper, then put tops of rolls back on. Serve immediately.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton

sallybrompton.com

ARIES ♈
MARCH 21-APRIL 20
Others will want to do things for you today, and who are you to refuse a helping hand?

TAURUS ♉
APRIL 21-MAY 21
If there is something you want today, something that only a particular person can give you, then come right out and say so.

GEMINI ♊
MAY 22-JUNE 21
You will find it amazingly easy to express yourself, and as a result relationships generally, and affairs of the heart in particular, will go very well indeed.

CANCER ♋
JUNE 22-JULY 22
Something you hear when you really should not have been listening will start a train of thought that leads you in some interesting directions.

LEO ♌
JULY 23-AUG 23
You seem to know what others are going to say before they actually put their thoughts into words, which is kind of creepy but useful too.

VIRGO ♍
AUG 24-SEPT 22
You seem to have withdrawn into your shell a bit of late, which is understandable as the Sun is transiting the most sensitive area of your chart.

LIBRA ♎
SEPT 23-OCT 23
No matter how busy your schedule may be, you must make time for your friends and your family.

SCORPIO ♏
OCT 24-NOV 22
A remark you toss into a conversation might not be meant seriously but someone will take it that way, so watch what you say.

SAGITTARIUS ♐
NOV 23-DEC 21
Something will happen today that makes you wonder if there are things going on behind the scenes that you should know about.

CAPRICORN ♑
DEC 22-JAN 20
Money matters and business issues are under favorable stars and there is reason for optimism as far as your wealth situation is concerned.

AQUARIUS ♒
JAN 21-FEB 18
It might be best to make your excuses and leave if you find yourself being dragged into a dispute that really has nothing to do with you.

PISCES ♓
FEB 19-MARCH 20
Find ways to get everyday chores out of the way quickly today. The best way, of course, is to get others to do the boring stuff for you.

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Taxes & fees: $177

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$779
Taxes & fees: $327

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Meliá Las Dunas • 4★
All-Inclusive • Standard rm.
Aug. 9-23 • 1 wk.
$1089
Taxes & fees: $212

Varadero via Calgary
Sirenis La Salina Varadero • 4★
All-Inclusive • Standard rm.
Aug. 9-23 • 1 wk.
$1099
Taxes & fees: $212

Puerto Vallarta
Dreams Villamagna Nuevo Vallarta • 4 1/2★
All-Inclusive
Junior suite tropical view
Nov. 7-Dec. 12 • 1 wk.
$1239
Taxes & fees: $267

Cancun / Riviera Maya
Occidental Grand Xcaret • 4 1/2★
All-Inclusive • Deluxe rm.
Nov. 14 • 1 wk.
$1139
Taxes & fees: $262

Gran Bahia Principe Tulum • 5★
All-Inclusive • Standard rm.
Nov. 14 • 1 wk.
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Taxes & fees: $262

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